



PARENTS' PLAY ON PHASE I CHECK LIST

We know there is a lot to consider as your player joins his or her team and takes to the field once again. The checklist below may help you navigate important steps and decision making to keep your family safe. For more detailed information, go to www.ussoccer.com/playon.

BEFORE TRAINING

- Carefully review the [U.S. Soccer PLAY ON Phase I Recommendations Guide](#) and any information your club has shared with you
- Talk to your player about the importance of health and safety during training at this time. Take the PLAY ON PLEDGE at ussoccer.com/playon with your player.
- Ensure you have a list of appropriate contact information for your club, including your team coach, an administrator, and if designated, a safety officer.
- Ensure your player has clean equipment for training, including a facemask.
- Plan appropriate transportation for your player. It's recommended one player and one parent ride together. Avoid ridesharing as much as possible.
- Take your player's temperature before training. If your player's temperature is 100.4 degrees F or above, do not take your player to training. Consult your family physician. Advise your club.
- Model safe behavior for your player. Follow PPE (facemask) guidelines. If you are unwell (or have a temperature 100.4 degrees F or above), stay at home and consult your family physician.
- Remember that participating in training is your player's and family's choice. Do not pressure your player or others, if you or they do not feel comfortable returning to play.

DURING TRAINING

- Follow your Club's safety protocols for dropping your player off at training, including arriving at the appropriate time to minimize wait time for your player.
- If possible, do not stay at training. Depart the area or wait in your car. Your club may consider arranging a designated area for parents; however, this area should be carefully arranged to ensure all social distancing protocol is followed.
- Stay at least six feet away from fellow parents, and other participants, at all times.

AFTER TRAINING

- Pick your player up and depart immediately after team training ends.
- Ensure your player takes a shower immediately after returning home from training.
- Ensure your players' apparel and equipment are properly cleaned and sanitized immediately after training. Review CDC guidelines on cleaning [here](#).
- Reinforce any new important safety lessons that may have been learned or shared by your club with your player.

As a reminder, these best practices are intended for use WHEN AND IF your local authorities have deemed it safe to return to the practice field. U.S. Soccer is in no way endorsing participating in group activities in violation of any federal, state or local mandates.